



Garden City Runners: News Release from a Distance 3rd January 2021

In these strange and worrying times, we're here to keep you in touch with your fellow club members, bringing you news and views of runs, races and challenges, plus tips and info to keep you fit and motivated. Please send any content for future releases to results@gardencityrunners.org.uk

Haydens run Virtual Snowdonia

Becca Hayden reports: "Having been twice postponed, the Snowdonia Half, which was due to have taken place in Llanwst, was finally cancelled and changed to a virtual race on 6th December. Becca, husband **Alex** and mum **Ann** decided to run the virtual race together (this was before the current restrictions).

The intrepid three met at Lemsford Road and ran the 13.1 miles along the Welwyn Half route, along Howlands to the Cole Green Way towards Hertford looping round Birch Green and Cole Green, before turning and running the same way home. The three ran together, finishing their run at Stanborough Lakes, Ann and Alex in a time of 2:04:44, and Becca, who pushed on for the last mile, finishing in a time of 1:59:33.

The three received their virtual medals and t shirts in the post just before Christmas. *(Pictured below, l-r, Ann, Alex and Becca with their race bling.)*



Run Leaders' Challenge

Looking for some inspiration? Have you tried the 12 Runs after Christmas Challenge?

Run Leader **Helen Harrison** writes: "to keep you going after indulging on Christmas fayre, how about logging 12 runs after Christmas? There is no time limit and you can do them in any order, just tick them off when you're done." For full details of the challenge, see the last page of the News Release, and feel free to post pictures on Facebook or send to the GCR newsletter team on results@gardencityrunners.org.uk

Need a bit of extra motivation? We can still meet up with one person from outside our own households so let's stay in touch with our running buddies and keep each other motivated to run, jog or walk.

Tier 4 Running Motivation

As you will know by now, we are in Tier 4 so our usual Tuesday interval sessions, group runs and track sessions can't take place. But let's stay positive.

We can still meet up with one person from outside our own households, so let's stay in touch with our running buddies and keep each other motivated to run, jog or walk. WhatsApp groups are a great way to stay in touch, or post on the club's Facebook page to find someone new to run with. Martha Hall is setting interval sessions by email and on Facebook, so look out for details to give you inspiration for a speed session, solo or with a friend (ideally someone of a similar pace so you can chase each other around the circuit).

Covid 19 – All GCRs Please Read the Following:

For the most recent England Athletics update (20 December 2020) please see Tier 4 update

The advice and guidelines about Covid-19 continue to change. The club is affiliated to England Athletics and the Association of Running Clubs and we follow their guidelines to help reduce the risk of spreading Covid-19.

From 20th December, you can run on your own, with members of your household or with one other person from another household provided that the number of people does not exceed two.

Please always follow the following advice for your own and others' safety:

- do not run if: you are feeling unwell; if you have any Covid-19 symptoms or have had a positive test; if you are self-isolating for any reason. Always follow any medical guidance you may have received.
- maintain social distancing at all times including at the start and end of the session.
- No spitting
- Try to avoid touching anything eg a gate or stile but if this is unavoidable use hand sanitiser and avoid touching your face afterwards.

- look out for pedestrians, horse-riders, cyclists etc and move to one side to let them pass and maintain social distancing.

-Particularly on longer runs, take your phone with you, and when running after dark, wear a head or chest torch and reflective clothing.

FORTHCOMING EVENTS:

We will be posting news of forthcoming races once it becomes clearer which are going ahead.

Event	Date	Time	Online entry
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result here
GCR XC series: Race 4	Sunday 17 th January 2021	Tbc	n/a
GCR XC series: Race 5	Sunday 21 st February 2021	Tbc	n/a

Route planning

Struggling to find a suitable route without your run leaders' guidance? Check out the GCR Strava members group for inspiration from your fellow GCRs! Strava have also just realised a route planning feature for Summit members. The following apps and websites also come recommended by club members:

- Footpath (app)/ MapAMeter (online): Editors' recommendation! Footpaths and distances across the UK and Europe with a handy "snap to path" feature for the less-diligent route planners amongst us;
- OS Map app – basic version free; if you buy printed maps you can upload them to the app for full features
- Map My Run: Also has others saved nearby routes for inspiration.
- Plot A Route: Same as above.

Happy and safe running everyone!

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £19.99, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)

- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

Avery League 2021

The Avery League is currently suspended.

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group. It's a great way to keep in touch with your fellow club members during this time of isolation.

Join Garden City Runners

Do you live in or near Welwyn Garden City? Like running? Garden City Runners is your local running club. It has over 350 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres right through to full marathons. Try a few sessions before joining. Membership is only £20 per year and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions. If you want to know more about the Garden City Runners please contact Karen Atkinson (Secretary) or Sue Fletcher (Membership) at gcr@gardencityrunners.org.uk, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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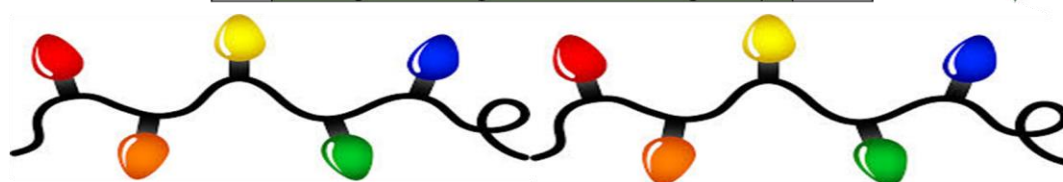


Garden City Runners - 12 Runs after Christmas Challenge

To keep you going after indulging on Christmas fayre, how about logging 12 runs after Christmas. There is no time limit and you can do them in any order, just tick them off when you're done. Feel free to post evidential pictures on Facebook :-)

Apologies but the links to the 12 days of Christmas are tenuous at best!

Good luck and happy running!



Run	Challenge	Tick when done!
1	Run past or through some trees or woodland, (they don't have to be pear trees).	
2	Combine two different types of surface on your run, road and trail (mud and turtle dove spotting optional).	
3	Run down a road you haven't been down before, (even better if it has a French sounding name).	
4	Find a hill and run up it 4 times (feel free to 'call' at the top each time).	
5	Run 5 laps (rings) or 5k or 5 miles.	
6	Run at dusk or dawn and see if you can spot any birds flying to/from their roosts (any geese spotted is a bonus).	
7	Run past a lake, pond or river (swan spotting optional).	
8	Run past some farm animals (dairy cows would be great).	
9	Run with one or many ladies (depending on restrictions at the time), dancing along the route if you so wish.	
10	Run/ walk 10k or 10 miles (leaping with a Lord not compulsory but encouraged).	
11	Run through a tunnel or under a bridge (a pipe tunnel would be just fantastic).	
12	Include 12 sprints in your run, e.g. 12 x 1 minutes or sprint between lamp posts 12 times. (No idea how to get drumming in unless it is raining hard!)	

